



# Thrive to Five Family Fun Activity Calendar



Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Fine Art</b> Help your child make a simple windsock by stapling ribbons onto a 3" strip of paper, then wrap the paper into a ring and tape together. Place out on the porch or patio.	<b>Social Studies</b> As you play with your child, encourage them to build homes using blocks.	<b>Science</b> Have your child place a small mirror in a glass of water. Set the glass in the sun to see a rainbow.	<b>Physical</b> Play music and dance to the beat with your child. Stop the music and have your child freeze.	<b>Social Emotional</b> Create a special book "All about Me" with your child. Fill with pictures of them and of family, pets, their house, etc. Include their name, their handprint, and age. Read often!	<b>Language &amp; Literacy</b> Have your child act out their favorite story.	<b>Math</b> Take your child to the park today. Count how many children there are.
<b>Social Emotional</b> Let your child help you prepare a meal that includes an item starting with the letter of their first name.	<b>Science</b> Sing A Recycling Song with your child. (Tune: Frere Jacques) "Save your bottles, save your bottles. Save your cans, save your cans. Bundle up your papers, bundle up your papers. That's the plan, that's the plan."	<b>Physical</b> Have your child copy your movements. Shake your head (for yes and no). Move your right hand then your left hand. Wiggle your right foot then your left foot, etc.	<b>Social Studies</b> Keep child in the kitchen while you cook to let them experience new types of smells. You can also place a small bit of food, baby lotion or a flower in a small container and let your child smell (without inhaling) the contents. Watch their expression, which will show if they like the scent or not.	<b>Language &amp; Literacy</b> Eat alphabet soup for lunch. Talk about the letters.	<b>Math</b> Help your child look for squares at the store today. How many can they count?	<b>Fine Art</b> Lay plain paper on the bark of a tree and do crayon rubbings.
<b>Science</b> Go for a walk and collect four flowers. Look at the stems, leaves and count the petals with your child.	<b>Physical</b> With a large ball, practice kicking with your child. If they have trouble with balance, sit them on a stool and have them try kicking the ball. Say "kick!"	<b>Social Studies</b> When you are on a walk with your child have them help clean up the neighborhood. Take a trash bag and talk about the importance of taking care of your community.	<b>Language &amp; Literacy</b> Make a puppet with your child. If you do not have one, then with a mitten or sock, super glue googly eyes or sew on buttons, nose (pom-pom) and tongue (cut from felt). Put on a puppet show with your favorite song or story.	<b>Math</b> Find things that come in groups of four like wheels on a car, legs on a chair, Ninja Turtles.	<b>Fine Art</b> Let your child play with a musical instrument, or make music by tapping a wooden spoon and cardboard box. Try tapping a simple rhythm and have your child copy you.	<b>Social Emotional</b> Children love faces. Go through pictures of family and friends or a magazine. Point out the smiling faces with your child.
<b>Physical</b> Line up a variety of pillows for your child to walk, crawl, or hop across.	<b>Social Studies</b> Talk about the importance of community helpers with your child (i.e. fire fighters, teachers, police officers, and doctors).	<b>Language &amp; Literacy</b> Listen to classical music today while reading to your child.	<b>Math</b> Gather spoons and forks and two cups for sorting. Then ask your child to put the spoons in one cup and the forks in the other.	<b>Fine Art</b> Have your child paint the earth using green and blue paint on a paper plate. Talk about our planet Earth and the importance of recycling, reducing, and reusing.	<b>Social Emotional</b> Sing I HAVE A HAPPY FACE. (Tune: I'm A Little Teapot) "I have a happy face, just watch me grin. I have a great big smile from my forehead to my chin. When I'm upset and things are bad, then my happy face turns sad."	<b>Science</b> Make a telescope out of a toilet paper roll. Have your child paint and decorate it with star and moon stickers. Then go out, lay on the grass, and look at the stars together.

Thrive to Five offers free classes and services to families with children 0-5 years old!  
For more information and to register for classes visit [www.ThrivetoFive.org](http://www.ThrivetoFive.org)